

“EMERGENCY LOW” KIT IDEAS

Low blood sugar is caused by too much insulin or too little sugar in the body. It is defined as below 70 (mg/dL). Treatment requires fast-acting carbohydrates such as juice, candy or glucose tabs.

It is a good idea to provide individual emergency low kits for classrooms, libraries, gyms, and anywhere else the student visits frequently. Use a pencil box or something with a customized label on the outside. Teachers, bus drivers and other school personnel will be happy to have clear, concise instructions printed inside the “Emergency Low Kit” so that anyone could help.

Kits should include everything needed to treat low blood sugar, as well as backup supplies.

- Concise instructions for how to treat a low and test – attached to lid is ideal
- Description of student’s symptoms (“He gets pale and talks fast when low” etc.)
- Instructions for when to call for help (911), include phone numbers for nurse, parents.
- Juice boxes, Glucose tabs or Candy – Skittles or non-melting!
- Snacks like granola bars or crackers
- Extra test strips and batteries for meters and pumps as needed
- Emergency glucagon kits as needed

TYPE 1 EMERGENCY LOW KIT

_____ can be at risk for LOW BLOOD SUGAR <70
test immediately if feeling low or if acting differently.

Nurse phone #:

Parent phone #:

60-80 - provide juice box or 15mg carbs of candy.
Test in 15 minutes to be sure above 80.

<60 - provide juice box, they may be shaky and unable to concentrate.
Test in 10 minutes to be sure number is rising.

DO NOT LET THE STUDENT continue to play or walk stairs if BS <60.
Wait until BS is >70 before continuing ANY physical activity.

If student is not coherent, cannot swallow, has a seizure or is unconscious call 911 and the nurse to get a glucagon injection.

TREATING A LOW



Wash hands



Test

Test blood sugar right away. If you can't check then treat with sugar.



Treat

Eat 3-4 glucose tabs or candies that equal 15g of carbs or drink a juice box or 4 oz. (1/2 cup) of juice.



Re-Test

Test blood sugar again in 15 minutes. If still low treat again.